

Pleasure!!

“Life is better when it is liberally sprinkled with many pleasures...”

If eating is your main source of pleasure, try to find additional pleasures that are not food-related. Consider the following:

Plan for pleasure!

- Make a list of activities or experiences that are pleasurable for you.
- Look for opportunities to experience pleasure.
- Check out event calendars in the newspaper, on the radio or the TV. Go to some of those events that interest you.
- Plan pleasurable activities, such as dancing, fishing, bowling, golf, walking with friends, or taking a mini vacation.



Experience small everyday pleasures!

- “Stop and smell the roses...”
- Slow down enough to actually **let yourself feel** the pleasure in everyday things. Tell yourself “this really feels good”. Here are examples:
 - Sleeping
 - Laughing
 - Taking a shower or bath
 - Just relaxing
 - Smelling certain fragrances
 - Driving (sometimes)
 - Having a pleasant conversation
 - Having sex
 - Enjoying the sunshine
 - Feeling warm when it is cold or cool air when it is hot
 - Doing something well

What are some of the pleasures you might enjoy? Write them down and make a plan to get started today.

